Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ www.FrederickCountyMD.gov ♦ 301-600-7020

June Program Highlights

Energy Audits/Weatherization

PotomacEdison (Allegheny Power) will discuss their in-home energy audits and weatherization programs. These programs are great ways to discover money saving tips.
Date: Tuesday, June 7
Time: 1:00 p.m.
Cost: Free

Blood Pressure Screening

Stop in for a blood pressure check!
Date: Monday, June 13 and 27
Time: 10:00 a.m.
Date: Wednesday, June 15
Time: 11:30 a.m.
Cost: Free

Ask Nurse Steve

Ask questions! Learn more about issues concerning your health! Each month Steve Stoyke, the Department of Aging nurse will talk about a different health topic.
Topic: Coping with stress
Date: Wednesday, June 15
Time: 12:30 p.m.
Cost: Free

Omelet Bar

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Other brunch food will also be served.
Date: Wednesday, June 15
          Sign-up by Monday, June 13
Time: Noon
Cost: $4.80 (Regular lunch fee)

AARP Driver Safety Program

Learn ways to stay safe behind the wheel. Topics include: how fitness affects driving; important strategies for staying crash-free; challenges of city and rural driving; tips for highway driving; and warning signs of unsafe driving. Lunch is included.
Date: Thursday, June 23
          Sign-up by Wednesday, June 15
Time: 10:00 a.m.-3:30 p.m.
Cost: $5 AARP member
          $7 non-AARP member

Catoctin Creek Nature Center Picnic and Program

Join us for a picnic and program at Frederick County's newest nature center. The nature program features the resident animals at the center.
Date: Thursday, June 2, 2011
Time: 11:00 a.m.-2:00 p.m.
          Leave the center at 10:00 a.m.
Cost: $12.00 (includes lunch, program and transportation)

Will My Money Last?

Join local experts for a discussion of financial and legal aspects of planning for older adults who wish to retain independence and control of their money during their retirement years.
Date: Wednesday, June 15
Time: 5:00 p.m. light supper
          5:45-7:30 p.m. program
Cost: Program is free
          Light supper $5 donation
          Sign-up by Wednesday, June 8

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